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***Brain Rules* Author John J. Medina to Keynote Bayview's 1st Annual Lecture Series in Seattle – Invite Only**

Why We Age, How We Age, Winding Back the Clock

Seattle, WA: Bring Your Brain to Breakfast! *Brain Rules* best-selling author Dr. John Medina will keynote the 1st Annual Lecture Series at Bayview Retirement Community on Tuesday, May 5, 2015 in Seattle, Washington. Dr. Medina is a developmental molecular biologist, an affiliate professor of Bioengineering at the University of Washington, and author of the New York Best-Seller, *Brain Rules*.

A virtuoso of the human brain, Dr. Medina will take you on a tour of the amazing feats of the aging brain with an added special twist. Medina's infectious sense of humor and tour-de-force style of speaking will breathe life into brain science. He will speak on behalf of Bayview's unique integration of senior life and Intergenerational Children Center and much more. So no matter what end of the age spectrum you fall on, he has a message for you. This is your chance to also meet Bayview centenarians who are changing what aging means today. (Meet Betty Negro https://youtu.be/aEmk0_72EHQ).

Bayview is committed to being a resource and leader in educating our society regarding issues facing aging and senior living. A breakfast buffet will be provided and a Q & A will follow the presentation.

For more information about Bayview Retirement Community, visit www.bayviewseattle.org and connect with us on [Facebook!](#)

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